



Banana Split Tart

READY IN



75 min.

SERVINGS



16

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 12 oz yogurt fat free 99% yoplait®
- ☐ 2 small banana sliced
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.5 cup semi chocolate chips melted
- ☐ 1 cup strawberries fresh sliced
- ☐ 21 oz strawberry pie filling with more fruit canned

Equipment

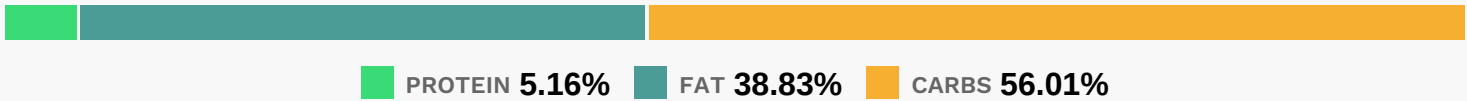
- ☐ baking sheet

- ☐ oven
- ☐ rolling pin

Directions

- ☐ Heat oven to 375°F. Unroll 1 pie crust on center of ungreased large cookie sheet. Unroll second pie crust and place over first crust, matching edges and pressing to seal. With rolling pin, roll into 14-inch round.
- ☐ Fold 1/2 inch of crust edge under, forming border; press to seal seam (if desired, flute edge). Prick crust generously with fork.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool completely, about 30 minutes.
- ☐ Spread 1/4 cup of the melted chocolate chips evenly over cooled baked crust.
- ☐ Spread yogurt over chocolate. Arrange banana slices on top of yogurt.
- ☐ Spread pie filling evenly over top. Arrange strawberries over pie filling.
- ☐ Drizzle remaining melted chocolate over top.
- ☐ Cut into wedges and serve. Cover and refrigerate any remaining tart.

Nutrition Facts



Properties

Glycemic Index:7.11, Glycemic Load:1.79, Inflammation Score:-2, Nutrition Score:4.7591304137655%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 222.06kcal (11.1%), Fat: 9.43g (14.51%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 30.61g (10.2%), Net Carbohydrates: 28.59g (10.4%), Sugar: 12.91g (14.35%), Cholesterol: 3.1mg (1.03%), Sodium: 121.56mg (5.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.84mg (1.61%), Protein: 2.82g (5.64%), Vitamin C: 14.38mg (17.42%), Manganese: 0.25mg (12.74%), Fiber: 2.02g (8.07%), Iron: 1.24mg (6.91%), Folate: 23.67µg (5.92%), Phosphorus: 57.76mg (5.78%), Vitamin B1: 0.08mg (5.52%), Copper: 0.1mg (5.25%), Magnesium: 20.78mg (5.2%), Vitamin B2: 0.09mg (5.1%), Calcium: 44.78mg (4.48%), Vitamin B3: 0.86mg (4.28%), Potassium: 148.07mg (4.23%), Selenium: 2.53µg (3.61%), Vitamin B6: 0.07mg (3.59%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.25mg (2.54%), Vitamin K: 2.53µg (2.41%), Vitamin B12: 0.09µg (1.48%), Vitamin E: 0.2mg (1.33%)